

COSWORTH

Connecting Rod Instruction Sheet

Prior to disassembly of the connecting rod, number the connecting rod and matching cap.

Caution: DO NOT use a metal stamp!

Rod Bolt: Cosworth 3/8" H11- Torque not to exceed 40ftlb (54Nm)

Recommended stretch is .0050 to .0065 in (0.127 to 0.165 mm)

All connecting rod bolts should be lubricated under the heads as well as on the threads before installation. Use the included bolt lube. Molybdenum base paste mixed with engine oil may be used as an alternative.

The preferred method to torque the bolt is by using the stretch figure listed above. In order to check bolt stretch, simply fixture one rod, leaving the cap portion free from clamping load. Measure both bolt lengths loose, then progressively tighten the bolt until the measured increase in length correlates with the figure above. Use the indicated torque reading to tighten all the connecting rods in final assembly.

www.cosworthperformance.com